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## JLS eNews 05/11/20

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# Panther Tracks



## JLS PTA eNews

May 11, 2020

JLS News

### Important Dates This Week

Due to School Closures, All JLS and JLS PTA On-site Events Cancelled Until Further Notice

### JLS PTA Membership Meeting and Board Elections

Please join us via zoom on May 14 at 8 pm to elect the next JLS PTA board and discuss PTA finances. Here is a link to the agenda ( subject to last minute additions and modifications)

[https://docs.google.com/document/d/1JBP6CS4CYg10fvqcBry\\_4rQhpkbUQz6S7eqBQS9hdeE/edit?ts=5eb09ebb](https://docs.google.com/document/d/1JBP6CS4CYg10fvqcBry_4rQhpkbUQz6S7eqBQS9hdeE/edit?ts=5eb09ebb)

Topic: JLS PTA General Meeting, Elections

Time: May 14, 2020 08:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81795121465?pwd=RTBuYnRlRFhDTnRCZ1hXVk9CSFN6QT09>

Meeting ID: 817 9512 1465

Password: 611055

One tap mobile

+16699006833,,81795121465#,1#,611055# US (San Jose)

+13462487799,,81795121465#,1#,611055# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

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+1 253 215 8782 US (Tacoma)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

Meeting ID: 817 9512 1465

Password: 611055

Find your local number: <https://us02web.zoom.us/j/kegpSm9bWH>

### **Paly Robotics Free Entrepreneurship Zoom Lessons**

Via Zoom, June 4, 6, 11, 13, and 18th, 4P - 4:40 P

Interested in starting a business or exploring entrepreneurship in robotics? We will teach you the basic skills you need! Paly Robotics will be hosting free entrepreneurship workshop classes for middle school students over Zoom! After qualifying for FIRST World Championships this year, our team is hosting biweekly STEAM lessons throughout the summer. Each class will cover a different entrepreneurship topic, from writing mission statements to improving presentation skills. Keep an eye out for sessions that cover more topics later in the summer! Click here to register, and please contact [czhang@palyrobotics.com](mailto:czhang@palyrobotics.com) or [nshinghal@palyrobotics.com](mailto:nshinghal@palyrobotics.com) with any questions.

### **PTAC SECTION**

#### **PTA Council UPCOMING ZOOM MEETINGS**

#### **ELECTIONS - SPECIAL GENERAL ASSOCIATION MEETING May 20 11AM**

Due to the County's Shelter-in-Place order in effect, our Annual Election at this Special General Association Meeting, will proceed on MAY 20th. Notice is hereby given that it will be a virtual meeting by Zoom. The Zoom dial in info will be sent to all PTA member schools Presidents and EVPs and PTAC Executive Board/Committee Chairs. [See slate here](#). If you wish to attend, please send an email to [President@paloaltopta.org](mailto:President@paloaltopta.org) to receive the Zoom login.

#### **VIRTUAL GENERAL ASSOCIATION FINAL MEETING May 27 11AM**

Due to the County's Shelter-in-Place order in effect, our final General Association Meeting, previously scheduled, will remain on calendar. We will proceed on the same date: Wednesday, May 27th, except it will be a virtual meeting by Zoom. The Zoom dial in info will be sent to all PTA member schools Presidents and EVPs. If you wish to attend, please send an email to [President@paloaltopta.org](mailto:President@paloaltopta.org) to receive the Zoom login.

#### **FOR Families in our District: There is a new Family Outreach Number to Call for Assistance**

English Family Outreach Toll Free Number

1833-3HELPPA or 1833-343-5772: The Palo Alto PTA and a group of community leaders have released a toll free Family Outreach phone line so families attending Palo Alto Schools can get information about where to get food assistance, school lunch, financial help, and school information. Parents can also leave a message with their contact information and specify their needs so volunteers can help connect them to local resources. 1833-3HELPPA or 1833-343-7772

Spanish Línea Directa y Gratis para Familias

1833-3HELPPA or 1833-343-5772: El PTA de Palo Alto y un grupo de líderes comunitarios han lanzado una línea telefónica gratuita para que las familias que asisten a las escuelas de Palo Alto puedan obtener información sobre dónde obtener asistencia alimentaria, almuerzo escolar, ayuda financiera e información escolar. Los padres también pueden dejar un mensaje con su información y especificar sus necesidades para que voluntarios puedan ayudarlos a conectarse con recursos locales. 1833-3HELPPA or 1833-343-5772

#### **Helpful Resources for Well-Being During SIP**

Suggested links for mental and physical wellbeing during times of Sheltering In Place:

[Supporting Children's Emotional Well-being During the COVID-19 Pandemic](#), Child Trends

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#), National Association of School Psychologists

[Promoting Positive Mental Health for Teens Feeling Isolated](#), Erika's Lighthouse

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#),

National Child Traumatic Stress Network

[Manage Anxiety & Stress](#), CDC

[Helping Children Cope with Emergencies](#), CDC

[5 Ways to View Coverage of the Coronavirus](#), The American Psychological Association

#### **\*\*NEW\*\*PAUSD Webinar Series: "Creating Calm at Home During Covid-19"**

*English on Wed, May 6, 13, 20 & 27, 6:30-8:00 pm*

*Mandarin on Thu, May 7, 14, 21, & 28, 6:30-8:00 pm*

Topics that will be covered are:

Week 1: Improving the parent-child connection in close quarters

Week 2: Working through generational differences in communication

Week 3: Helping children manage their emotions while managing one's own

Week 4: Developing children's coping and self-efficacy skills

Parents and guardians are invited to register to join the webinars live or access the recordings after.

To Register visit: [eventbrite](#) or 註冊訪問: [Eventbrite](#)

**\*\*NEW\*\*Information on Vaping/ Smoking and COVID-19 Risks:**

[Vaping Prevention: Information for students, educators, and parents](#)  
[Cannabis Awareness & Prevention](#)

**\*\*NEW\*\*Health & Wellness Webinar Series Recordings Listen to March webinar series on the PTA Council Website: <https://ptac.paloaltopta.org/covid-19-webinars/>**

- 1) The Coronavirus & Understanding the Science of Physical Distancing and How This Impacts Our Families
- 2) Stress Management in the Age of COVID-19
- 3) Family Closening in a Time of Social Distancing

**\*\*NEW\*\*PTAC Asks You to Speak Up Now BUDGET CUTS COMING**

The City of Palo Alto is asking all residents - including parents, teachers, and school families - to speak up now. Your input will alter the priorities as budget cuts are coming soon. Take a moment to take the survey.

Join the Budget Conversations

Join the conversation by sharing your service area priorities through an online survey [here](#) and learn more about the City's budget at [www.cityofpaloalto.org/budget](http://www.cityofpaloalto.org/budget). On May 4, the City Council adopted a set of budget assumptions to help inform how staff will prepare the revised Fiscal Year 2020-2021 operating and capital budgets for Council consideration and community input. The City Council selected scenario estimates with a preliminary loss of \$39 million in major tax revenues during the next fiscal year. [https://www.opentownhall.com/portals/5/Issue\\_8742/survey\\_responses/new](https://www.opentownhall.com/portals/5/Issue_8742/survey_responses/new)

**Parent Ed Movies Streaming Online**

Angst seeks to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. The movie provides tools, resources and above all, hope. LIKE explores the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care ... but is that what's really happening?

Angst will show from Thursday May 7th to May 21th

LIKE will show from Thursday May 14th to May 28th

Below is the link to access the Angst online program. (We will give login details for LIKE closer to May 14)

<https://www.indieflix.com/ocs/Angst/FletcherJLS/watch.html>

The login to access the link is:

Login: [fletcherjls@indieflix.com](mailto:fletcherjls@indieflix.com)

Password: indieflix

Subtitles are included and can be turned on/off on the video player progress bar where it says "CC."

Thank you to the PTAs of Fletcher and JLS for purchasing Parent Ed movies for PAUSD parents to stream online through IndieFlex. May is Mental Health Month and the stay in place order give us a unique time watch these valuable and informative movies. Plan a movie night with or without your middle school student now. There are a limited number of views available so please watch the films as soon as you can. Got it, thanks! Got it. Will do!

Reply all Reply Forward

## Palo Alto PTA Council News

### Community News

#### Quick Links

[JLS Website](#)  
[JLS PTA Website](#)  
[Support the JLS PTA](#)  
[JLS Calendar](#)

[Attendance Procedure](#)  
[Parent Network Information](#)  
[Safe Routes to School](#)  
[Palo Alto Bike Registration](#)



#### eNews Publication Guidelines

JLS eNews is a publication of the JLS PTA. [Previous editions](#) and [Publication Guidelines](#) can be found at the JLS PTA website. If you have any questions or would like to make a submission, please contact [JLS's eNews editor](#).

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